xm satalite radio has put a smile on my face every day by giving me so many differant options to listen to i pay for all these channels and deserve to recieve whatever it may be when im driving without knowing whats going on with the traffic I stress out really bad . and when imsitting in traffic not going anywhere for hours it seems like sometimes its good to know that i can check my local istant traffic and weather for my area and find out whats going on with the traffic so for its been pretty right on and atleast i know why im stuck there.plus i know the nature of the cause of the accident or whatever it may be .bottom line it helps me mentaly and physically